What Causes Tooth Pain or Sensitivity? Know the Reasons and Treatment Options

Toothache or sensitivity is the most prevalent dental complaint that occurs to all age groups. It may be in a mild form while taking a very hot or cold food to a severe sharp piercing type of pain that may disrupt regular activities. Thus, the causes must be known for appropriate and prompt treatment to ensure lasting dental health.

Tooth decay, also known as cavities, is the most frequent cause of toothache pain. When bacteria damage the enamel and reach the inner layers of the tooth, it can be painful and sensitive. Cracked or fractured teeth can also expose sensitive nerves of the teeth, causing discomfort while chewing or biting.

Another major cause of tooth sensitivity is gum recession. This occurs when gums pull away from the teeth, exposing the tooth roots. Since the roots do not have protective enamel, they react severely to hot, cold, or sweet foods. Diseases and aggressive brushing are common causes of gum recession.

Toothache may also be caused by worn-out enamel that results from grinding of teeth, acidic food, or improper brushing technique. Once the enamel wears out, the dentin underneath it becomes sensitive. Some toothaches are caused by dental infections or abscesses that develop severe and throbbing aches, which would require immediate dental attention.

The dentists at Smile Again Dental Clinic conduct a proper diagnosis since the root cause is vital in toothache pain or sensitivity. Depending on the disease's extent, it could be treated with dental fillings, desensitization treatments, gum therapy, or even root canal procedures.

For such cases of missing or severely damaged teeth, advanced solutions like the Best Dental Implant in Mumbai are recommended to restore functionality and prevent further problems in oral health. Besides restoring chewing, dental implants help in maintaining jawbone strength and facial structure.

It is very serious to ignore continuous pain or sensitivity in the teeth. In that respect, regular dental check-ups along with proper oral hygiene can help prevent dental problems; early treatment can be provided for ailments that may be caught early. If you are experiencing ongoing discomfort, feel free to visit the experts at Smile Again Dental Clinic for personal service and long-term results.